

BreastFeeding Basics Class: BJACH - CR #2 on the 2nd floor by the ER. LDRP tour to follow. Registration Call (337) 531-3705 OR 531-3708.

Breathing and Relaxation Class: BJACH - CR #2 on the 2nd floor by the ER. LDRP tour to follow. Registration Call 531-3705 OR 531-3708

Diabetes Education Class for all diabetics. BJACH Classroom 1, 1st floor. Registration Call (337) 531-6880/3255.

Getting Ready to Quit Tobacco: first step in TOBACCO CESSATION program. FT Polk education center, bldg 660, room 201. Registration Call (337) 531-6880/531-3255

Labor and Delivery (L&D) Class: BJACH — CR #2 on the 2nd floor by the ER. LDRP tour to follow. Call 531-3705 OR 531-3708 TO REGISTER.

Newborn Care: BJACH CR #2 on the 2nd floor by the ER. LDRP tour to follow. Registration Call 531-3705 OR 531-37408.

Pregnancy Postpartum Physical Training (PPPT) education: BCTC THEATER ROOM. Enrollment call 531-4926.

Self care/over the counter (SC/OTC) medication class: request OTC meds without Cost. BLDG 3516 (behind red roof) Preventive medicine (337) 531-6880/531-3255. Complete on-line at www.polk.amedd.army.mil

Sibling Class: for children expecting new siblings: BJACH CR #2 on the 2nd floor by the ER. LDRP tour to follow. Call 531-3705 OR 531-3708 TO REGISTER.

Weight Management For Active Duty (ARMY MOVE 1,2,3,): BJACH 1st floor classroom. For registration call 531-3129.


Weigh2Geaux Weight management Class: OPEN TO ALL BENEFICIARIES. BJACH 1st floor, Classroom 1. Info call (337) 531-3255 or 531-3129.

(Requests for weight loss medication will need a referral by primary care physician)



November 2013



Mon	Tue	Wed	Thu	Fri
				1
4 ARMY MOVE 0900, 1030 TOBACCO CESSATION 1130-1300	5 BREASTFEEDING BASICS 0900-1100	6 BJACH HEALTH AWARENESS 1000-1300	7 PPPT EDUCATION 0815-0900	8
11 VETERANS DAY	12 NEWBORN CARE 1300-1500	13 LABOR & DELIVERY 0900-1100 SC/OTC MEDICATION CLASS 1000-1100	14 PPPT EDUCATION 0815-0900	15
18 ARMY MOVE 0900, 1030 BJACH HEALTH "GAS" AWARENESS 1000-1300	19 PX HEALTH "GAS" AWARENESS 1000-1300 BREATHING & RELAXATION FOR LABOR 1800-2000	20 BJACH HEALTH "GAS" AWARENESS 1000-1300	21 PPPT EDUCATION 0815-0900 "GAS"	22
25 ARMY MOVE 0900, 1030	26	27 SC/OTC MEDICATION CLASS 1000-1100	28 THANKSGIVING 	29 TRAINING HOLIDAY

**NOVEMBER IS GREAT AMERICAN SMOKEOUT "GAS"
& AMERICAN DIABETES AWARENESS MONTH**

Self Care/Over the Counter Medication Class

Use BJACH Pharmacy to request over the counter medications for pain, fever, coughs, colds, allergies and other minor conditions -

BJACH

Health Promotion

337-531-6880 OR 531-3255

NO PRESCRIPTION NEEDED!

There are several ways to complete the class!

Unit level or FRG meetings upon request

Other gatherings/meetings/training upon request

Online at the BJACH website (see below)

Any way you choose, you will be given a card to carry that will never expire.

SC/OTC Group class dates:

13 NOVEMBER 2013

27 NOVEMBER 2013

1000 -1100

1000 -1100

Dept. of Preventive Medicine, Bldg 3516

(BEHIND Red Roof Bldg 3504)

OR

On-line class

Complete the class portion on-line @

www.polk.amedd.army.mil

Click the **SELF CARE/OTC ON-LINE CLASS** hyperlink.

You must pass the on-line test, print out your certificate **and make an appointment with Health Promotion** to be entered into the OTC system.

Tobacco Cessation classes

ARE BEING OFFERED TWO WAYS AT BJACH!

You may choose to participate in the program with a group of your peers or you may also complete a structured on-line program. Either program may be brought to your work or unit upon request! Classes are scheduled monthly at BJACH.

For more information call 531-6880 OR 531-3255

Call BJACH Health Promotion for more information @ (337) 531-6880.

KEEP YOUR CHILD SAFE WHILE TRAVELING



CHILD CARSEAT PASSENGER SAFETY CHECKS

EVERY THURSDAY

FROM 10 AM TO 2 PM

CALL TO SCHEDULE

DEPARTMENT OF PREVENTIVE MEDICINE



DATES FOR NOVEMBER 2013

7 NOVEMBER 2013
14 NOVEMBER 2013
21 NOVEMBER 2013



DATES FOR DECEMBER 2013

5 DECEMBER 2013
12 DECEMBER 2013
19 DECEMBER 2013

SCHEDULE YOUR APPOINTMENT TODAY

CALL

THE HEALTH PROMOTION PROGRAM
AT BJACH

(337) 531-3776 OR (337) 531-6880